

Kent A. Tompkins, MA, LPC
Integrative Wellness

Agenda (A guide) updated 4.22.22 / May 12-15, 2022 Retreat Paonia CO.

Thursday eve 7ish pm All in indigenous time

- Introduction. In tipi, participants briefly share who they are, what led them to this retreat, what they might want to receive from the weekend. Facilitators' introductions. We will have a Dine' tobacco ceremony. Facilitators will instruct the use of ceremonial tobacco, how to prepare it.

Friday:

- Breakfast 7:30-9 am Potluck, everyone can use kitchen, [Thank you to volunteers who are offering to cook for facilitators.](#)
- Prepare for sweat in morning. Traditional Sweat Lodge
- Evening: Dinner - potluck style
- Evening group activity: either Drum circle or storytelling. Prefer around fire outside.

Saturday:

- Breakfast 7:30-9 Potluck
- Tipi, ceremonial minor ceremonies 9:30am-til...
- Introduction to ceremonial process, tipi, Q/A.
- Individual diagnostics / doctoring / therapy either in tipi, or if privacy needed, patient taken to another location on site.
- Mutton feast for dinner. For all participants
- Evening group activity: either Drum circle or storytelling.

Sunday:

- Breakfast 7:30-9 Potluck
- Follow-up doctoring, therapy if needed
- Group gathering in tipi or in large room in retreat center. Q/A, participants process experiences,
- Lunch Potluck
- Traditional circle of meditation, Dine' Mountain Song by Harrison. Song to take each one up the mountain, to sit on top/release whatever needed, wander around on top in your mind's eye, walk down the other side to your own home, blessings all round.
- End around mid afternoon

Participants are asked to provide Dine' wedding basket for certain ceremonies, Baskets are won by Medicine Men. A group you can purchase a basket, and share it as a rental from one to another, per indigenous tradition. Kent will be providing outlets on the Rez for best prices via the web.

Kent will instruct participants before retreat, ceremonial protocols, what to bring, etc.

Lodging: There are still available rooms for rent at La Mesa Lodge. Camping is also available on the property with a suggested fee of \$50. There are available shower and cooking facilities on the premises.

Some of you have expressed interest in attending to learn herbal plant knowledge and other indigenous healing practices from Anderson and Harrison. You may attend for these interests, and are not required to participate in the sweat lodge or tipi ceremonial healing portions for individual healing. However, this is a rare opportunity to not only learn, but to also experience a deepening within a safe environment.

Plenty of FUN, storytelling, and laughter is part of our mission to crack open new facets in us all in which to embrace the growth that awaits to manifest.

We honor diversity, non-binary, two-spirit folks, your unique spiritual walk, and leave the "corral gate open" for your soul/spirit to remain sovereign/free.

Early morning offerings, prayers before sunrise for those led to do so. Facilitator(s) led.